

Objective 14: Decrease Fall-Related Deaths

Maryland SHIP Vision Area 3: Healthy Physical Environments
Tools, Resources, and Promising Practices
updated January 2013

Tool Intended Audience

[General Public](#)

[Clinicians](#)

[Planners](#)



Information, Facts, and Figures

[CDC Elderly Maltreatment Resources](#)

Provides information and resources to prevent violence and maltreatment against the elderly.



[National Institutes of Health, Division of Related Bone Diseases, National Center Falls Among Older Adults](#)

Series of quick facts to aid the understanding of how falls occur and how to prevent falls from occurring.



[Prevent Falls](#)

Information about falls and how related injuries can be prevented.



[Fall Prevention Center of Excellence](#)

The center identifies best practices in fall prevention and help communities offer fall prevention programs to older people who are at risk of falls.



[Fall Prevention](#)

The AGS Foundation for Health in Aging provides valuable information about falls and what can be done to prevent injuries.



Maryland Services and Hotlines

[Maryland Falls Prevention Advisory Group](#)

Information about the efforts of leaders in Maryland who are invested in fall prevention.



[Falls in Maryland](#)

Provides information about the importance of fall prevention in the state of Maryland. This resource also highlights Maryland's current initiatives and ongoing programs.



[Falls Prevention Resource List](#)

Provides an extensive listing of resources in Maryland and other areas related to preventing falls.



Promising Practices

[Stepping On](#)

Program that empowers older adults to adopt health behaviors that reduce the risk of falls.



[A Matter of Balance](#)

A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase activity levels among older adults.



[Tai Chi – Moving for Better Balance](#)

Studies show that this program can improve balance and decrease falls among older adults.

